

PUREAQUA

R.O. Water Filling Station Here

**99¢**
/fill**The Healthy Cupboard**Mon.-Wed. 9:30-6:00
Thurs. & Fri. 9:30-7:00
Saturday 9:30-5:00**The Gourmet Restaurant**

Happy Chinese New Year
 Lunch Buffet \$8, Dinner \$11.50
 Fully Licensed - Open 7 days
 495 MAIN STREET, PORT COLBORNE
 905-834-6683

Medical marijuana

Port bylaws going to pot
 Page 3

Finance
 Port taxes going up by about \$4 in 2014
 Page 3

International

Women's Day
 Roselawn Centre celebrates women
 Page 6

EXPERIENCE MEANS A GREAT DEAL!**OVER 25 YEARS AUTOMOTIVE EXPERIENCE!**

Call TONY DiCARMINE
 Pronounced... "Da Car Man"

 919 Niagara St., Welland
 905-735-3690
 tonydicarmine@davidson.com
 Ext #304

THURSDAY, FEBRUARY 20, 2014

IMPORT NEWS

SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS

For news updated daily see www.inportnews.ca

■ PORT COLBORNE SPORTSFEST: Snow golf, bike racing, arts and culture, and good eats

Fun and games dished out for all

GREG FURNINGER
 QM Agency Niagara

For Josh Sekel, a Sunday drive through Port Colborne meant two wheels, steep hills, trees and a slippery surface.

The St. Catharines man from the Team 905 cycling club was one of the 104 riders taking part in the Frostbike Winter Mountain Bike Race, one of several events held this long holiday weekend for Port Colborne's Sportsfest.

"It's very fun — and it's very cold," said Sekel. "I think the straightaway would be easier, just the turns were a lot harder."

Even in the wooded areas of the Robinhood flour mill lands nearby the Welland Canal the course was made difficult by powdery snow that fell in the morning, and from rain on Wednesday's snowfall.

"There was no optimal line," he said.

The course was laid out over about 10 kilometres.

Some riders tackled it with mountain bikes, some with bikes, others used spikes or hobby tires, some had 'fatbikes' that have been gaining popularity with hardcore riders over the past couple of years — basically mountain bikes with big, wide tires.

When it's been cold as it has recently, the snow isn't ideal for racing.

"It's kind of sugary, you slip around," said race coordinator Jeff Kerton.

See SPORTSFEST on Page 2

GREG FURNINGER/
 TRIBUNE STAFF

Rob Prouse of Hamilton competes in the Frostbike Winter Mountain Bike Race staged Sunday as part of Port Colborne's Sportsfest.

HometownRealEstateGuy.com
Michael Smith
 SALES REPRESENTATIVE

TOP 10
 RLP AGENTS
 2012

2008
 PLATINUM
 AWARD

2009-2011
 DIAMOND
 AWARD

Ph. 905.834.9000
 Direct: 905.650.4741



SOLD
 62 Wallace Street,
 Port Colborne



SOLD
 134 Adelaide Street,
 Port Colborne



SOLD
 217 PORT COLBORNE DRIVE, PORT COLBORNE
 \$145,900
 Well maintained 2x2 bedroom duplex on the "island".
 Separate entrances. All flooring has been replaced throughout. Each unit hosts its own laundry room

For more information contact Greg at 905-834-9000 or email greg@hometownrealestateguy.com

A real estate professional approach to buying or selling your home will give you peace of mind, a better deal and a smoother closing process.

LOCAL NEWS

SPORTSFEST



GREG FURNINGER/TRIBUNE STAFF

Amanda Wilson prepares to take aim at a clay pigeon during the trap and skeet shoot event hosted Sunday by Port Colborne and District Conservation Club, one of the activities featured for Port Colborne Sportsfest.



GREG FURNINGER/TRIBUNE STAFF

Melanie Pyke keeps Roselawn Centre entertained Sunday during the Artfest component to Port Colborne Sportsfest.

Sportsfest aimed at beating winter blahs

From Page 1

"Once the trails get packed down by hikers you can ride it," he said.

Preparation for Sunday's race included taking shovels and a snowblower to the course.

The race for which a \$40 entry fee applied benefited ShortHills Cycling Club and its ongoing efforts to not only develop trails in the provincial park hut elsewhere in Niagara.

Kerton said Niagara cyclists are hoping the City of Port Colborne officially designates riding trails so that they can be marked and signed.

Also Sunday, on the eastern outskirts of the city, Port Colborne and District Conservation Club opened its doors for everyone — not just its 35 member families.

Club treasurer Kathy McPhee said the Artfest event is a chance to showcase the clubhouse on Second Concession and what else club members are involved in, including archery, its 444 walleye tournament and its picker hatchery.

"It attracts people from not just Port Colborne, but other out-of-towners," she said.

In previous years the event has attracted teens new to hunting. Youths can obtain a Firearms Acquisition Certificate at the age of 15.

Among people out for an afternoon of skeet shooting Sunday was Amanda Wilson, who only recently acquired her first shotgun.

"I haven't had a chance to get out yet," she said, smiling, "but at least she got to try her hand at a moving target."

It was also the first time Mike Opdam had shot at clay pigeons.

"It was very hard — harder than I expected," said the hunter more accustomed to a bow and arrow.

The conservation club, which is celebrating its 60th year, adjusted its regular schedule for open skeet shooting (normally the send and fourth Sundays) to coincide with Sportsfest.

Also part of the Sportsfest weekend was the Mayor's Cup Invitational Hockey Tournament, snow golf and Frisbee golf at Whisky Run, and family skating and pool and gymnasium activities at Vale Health and Wellness Centre.

Out back of the centre, softball players competed in snow-pitch Saturday.

"It's slippery," said Melissa Slipak, who wished the city had done better promotion for an event that fielded only four teams.

Still, players had a good time.

"It's fun, like this, it's the first time I've played it," said Kyle Sieker.

"You gotta watch when you turn (hasse) because your dog can slip right out from under you."

If sports isn't your game, there was also the Artfest which featured local sculptors at Roselawn Centre, and at Canalside Pub and Eatery — events there benefited Port Cares — there was a name-a-tune evening of trivia Friday and a wine and cheese tasting Saturday night.

"I had almost double what I had last year," restaurateur and Port Cares director of the good turnout of people who Saturday night learned much about the flavour profiles of both wine and cheese.

"Many people were really surprised what food pairing does with drink," he said.

On Sunday afternoon, he hosted Canalside's seventh annual Artfest.

There were six entries in the soup competition, including carrot and apple cardamom with apple chips and chilcone chicken corn chowder. Visitors for \$10 could taste all and cast votes for their favourite.

Sportsfest, which marked its 15th year, focused on beating the winter blahs while bringing the community together for fun and highlighting what the city has to offer both locals and visitors.

greg.furninger@sunmedia.ca
Twitter: @GregAtTheTrib

LOCAL NEWS

MEDICAL MARIJUANA

Port bylaws going to pot

MARYANNIE FIRTH

QMI Agency Niagara

Port Colborne wants to have a say in where medical marijuana facilities can set up shop in the lakeside city.

During Monday night's city council meeting, staff recommended changes to be started to amend the municipality's zoning bylaw, site plan control bylaw and official plan to regulate and provide provisions for such facilities.

New federal regulations come into effect on April 1 that regulate larger production, processing and distribution of marijuana, and remove the ability to grow in private households.

While licensing of the facilities is under exclusive jurisdiction of the federal government, the producers must comply with all municipal laws and bylaws.

A medical marijuana producer facility, which includes cultivation, packaging and selling, is considered an agricultural use and, as such, is permitted under the city's agricultural zoning, said Port Colborne's director of planning and development, Dan Aquilina.

Staff are recommending, however, that a specific defini-



FILE PHOTO

Port Colborne is looking to amend its zoning bylaw, site plan control bylaw and official plan in wake of changes to federal regulations overseeing commercial medical marijuana facilities.

tion for the marijuana facilities be added to the zoning bylaw, and setback provisions be put in place from sensitive lands, including residential properties.

Recommended setback dis-

date still to be determined.

An amendment must also be made to the industrial zoning designation to allow for cultivation.

This change will require an amendment to Port Colborne's official plan and must be approved by Niag-

ara Region council, Aquilina said.

Staff is also recommending an amendment to the city's site plan control bylaw to ensure provisions such as fencing and lighting are addressed.

Licensed producers will be

required under federal regulations to meet extensive security and quality control requirements, Aquilina said.

Port Colborne has not yet received applications from commercial facilities intending to set up in the city, Aquilina said. Every proponent, he added, must notify the city, as well as police and the fire department.

Several residents in the Pinecrest Rd. area attended Monday's meeting, and one claims a privatized medical marijuana facility already in operation in their neighbourhood would apply to become a larger commercial facility.

Impact on local wells, noise from exhaust fans, intense lighting and the smell during the harvest were all raised as potential issues.

Resident Nancy Misener said the smell, described as skunk, "wakes you up at night" and prevents some area homeowners from opening their windows.

"For the good part of three weeks, you have a punishment in the back of your throat."

Ward 3 Coun. Bea Kenny said her property is subject to smells from an Elm St. business in a different sector for

a few weeks each summer, but she knows the company brings employment to the community.

"When people complain, I say, 'Well, or a smell for two weeks?'"

Commercial marijuana facilities will be required to have filtration systems to contain odours within the building, Aquilina said.

There needs to be a balance between mitigating the impact on residents by residents while still opening the door to new economic opportunities, Mayor Vance Badaway said.

"It's important it's done right. We have to protect our residents, but don't want to elude new industry."

The process to amend the agriculture zoning bylaw will be completed prior to the April 1 implementation of the new regulations.

Aquilina urged residents interested in being notified of the coming meetings, where the public will have an opportunity to speak, to e-mail him at dan@aqilina@portcolborne.ca.

*maryanne.firth@sunmedia.ca
Twitter: @MifirthTheTrib*

MUNICIPAL FINANCE

Port taxes going up by about \$4 in 2014

GREG FURNINGER

QMI Agency Niagara

Less than the price of one Big Mac is what it will cost the average Port Colborne homeowner more this year in blended property taxes.

The city's chief administrative officer, Bob Heil, said Wednesday afternoon that it will be roughly a \$4 tax increase for the year for a typical home assessed at \$170,380. That's a dollar less than the McDonald's fare,

fries not included.

Tuesday night city councilors unanimously approved a tax levy of just under \$13.8 million, representing a 3.73% city tax hike.

But when assessment growth is factored in, plus a drop in education taxes (3.83%) and forecast reduce tax at the regional level that includes a base shift to the north, the net levy for Port Colborne comes in at 0.14%.

Heil gave credit to the city's

125 full-time equivalent workers who in recent years have been instrumental on saving taxpayers money.

"Every day staff are trying to find ways to do 'it' with less costs," he said.

That's as simple as saving small bucks on paperclips or thousands on vehicle replacements.

"This is the best team I've worked with," Heil said.

City staff were working toward a directive from city councillors to keep costs in

line with inflation.

But Heil admitted that's not always simple. The cost of diesel for the city's fleet of plows is one example of how things fluctuate over the course of a year.

"There's always challenges, you lose revenue, things change."

Mayor Vance Badaway also championed his municipal employees' work toward a common goal.

He said the 2014 budget "reflects a very, vibrant,

healthy, active community."

And it's one that starts to show its teeth. City capital investment in recent years, such as for Vale Health and Wellness Centre and the Lock 8 skatepark.

Badaway said Port Colborne is now in the position that it can shift it's focus toward enhanced services and programs for residents.

And next year, council has set aside funds in the budget to the city's voice is "injected" into the province's

\$26-million planning review for a new south Niagara hospital and related components of promised supporting urgent care centres.

Badaway said costs continue to be kept in check by also remaining committed to core responsibilities, such as reinvestment in roads, bridges and sewers, "versus trying to be everything to everyone."

*greg.furninger@sunmedia.ca
Twitter: @GregAtTheTrib*



Published by InPort News

Sun Media Corp.

228 East Main Street, Welland, Ontario, L3B 5P5

Tel: 905-732-2414 Fax: 905-732-3660

import.news@sunmedia.ca

John Tobon, publisher, print & digital

Melissa Mangelson, Import News senior reporter

The good samaritan

PASTOR GARY TOMICK

Wainfleet Congregational Christian Church

The World caters to the young, the powerful and the rich. It has no room for the run-of-the-mill model but this was a living model of good samaritanship. Her cavalcade was the smelly streets of Calcutta far from the glitter and glitz of popping cameras and the constant hoots of the vicious paparazzi. She had no qualms about dressing the maggot/infested wounds of the diseased and the dying. She had compassion for the poorest of the poor seeing Jesus in everyone.

In Contrast, lady Diana who was tragically killed and whose life was celebrated for her media coverage and public frenzy swelled up the life of an old beggar Nun who was not physically beautiful or pretty but incarnated love and mercy helping people to live and die with dignity.

This is the beauty of an inner Spirit which is priceless in the eyes of God. The parable of the Good Samaritan like everything else in the Bible was not written in a vacuum. It was written and answered in the context of question posed to Jesus by a self righteous lawyer wanting to know

what he could do to inherit Eternal Life (Lk 10:25). Perhaps he smugly said to himself "I am going to earn my way to heaven. I am going to impress Jesus. I am going to shock Him with my knowledge of the law. I am eloquent and refined. I am a professional in my field". He quoted the first and the second commandments perfectly. Was Jesus impressed with him? No. Jesus knew his heart as surely as He knows the hearts of everyone.

The Lord said with consummate wisdom: "Do these two commandments and you will live" (Loving God and Man). It is a lot easier doing these two commandments than merely quoting them. (Lk 10:29).

The lawyer however and by extension us one of the most well known parables, probably second to the parable to the Prodigal Son in its familiarity. The Lord tells him about a man going down from Jerusalem to Jericho. The road from Jerusalem to Jericho is about 17 miles long and along this stretch it drops 3,300 feet. The area is virtually uninhabited and without vegetation. There were many cliffs and people were robbed by bandits hiding behind the limestone walls.

The crux of this story revolves around a badly

injured man and the response of the priest, the levite, and the Samaritan to him. THE PRIEST-He may have been riding along on a donkey while the injured man heard the slow plodding of donkey hooves waiting for that moment when the priest would pass by. And the possible voice of Italy was on the way. He heard neither. After one look the priest and his donkey moved on leaving this man without any help or hope. Maybe someone else would come along. He'd better get out of there fast. He might be seen by someone and that would not look good for his reputation. After all he is "very Religious". Maybe he was going to come from the temple and he wouldn't touch the dirt on the ground where this man lay. He knew. So this parrot is caught in a conflict. The first commandment is to Love your Neighbor (Lev 19:18) and the other commandment is to avoid ritual defilement (Lev 21:1ff). And the priest opts for the latter. Seeing the wounded man in his dire need should have trumped all other considerations. So he passed by on the other side.

THE LEVITE-is also "very religious" as well having responsibilities in worship in the temple. The pattern repeats itself. The levite may have

followed his uncaring mentor. It's now 0 for 2.

THE SAMARITAN-will he also ignore that dire need of the badly injured man?? Will he cross that road? or will he pass on the other side?? NO, he 1. BREAKS BARRIERS-he is color blind to the color of the skin of the man. He could have been beaten and beaten himself. 2. HE BEFRIENDS HIM-he showed compassion to this man. That word Compassion is the strongest in the Greek language. In Hebrew the word compassion is HESED which means the person for whom I have a right to expect nothing gives me everything. 3. HE BANDAGES HIS WOUNDS-The Samaritan pored oil and wine on his wounds. The wine as mentioned in the story was used as a bone soother. He then put this injured man on his own donkey and walked beside the donkey on an incline, telling the innkeeper after giving him money saying "whatever more you spend, when I come again I will repay you" (vs 35).

Do we show mercy to others? Who is our neighbour? Anyone who has a need. Who is the ultimate Good Samaritan-Jesus who 1. Broke barriers with us 2. Who Befriended us 3. Who Bandedaged our wounds (spiritually) and who says to all of us GO AND DO LIKEWISE.

Throwing 92,000 people under the bus

Welland residents have a lot riding on an election in which they can't vote.

The outcome of the Niagara Falls election today could decide if the Rose City continues to have a hospital, or another boarded-up building. While NDP candidate Wayne Gates vowed to fight to keep the hospital open, the city of Niagara wills moving forward with plans for a new Niagara Falls hospital, both Progressive Conservative candidate Bart Maves and Liberal Joyce Monroe have made it perfectly clear they are more than willing to sacrifice a hospital that serves 92,000 people in Welland, Port Colborne, Pelham and Wainfleet to build a new hospital in their city.

Morocco even brought Health Minister Deb Matthews to her campaign office to assure that Niagara Falls would get a new Fall Mahrani hospital — not Welland — and all other hospitals including Welland's would close as a result.

"We are taking our time and spending the money on planning to make sure we get the hospital the people of Niagara Falls and the Niagara Falls area deserve," Matthews said on Monday.

What about Welland? It gets an urgent care centre. Hell, they can have two glorified walk-in clinics located in rented office space in strip malls.

Apparently, they feel that's what the people of Welland want.

South Niagara residents are being told that more than 1,000 people were consulted before this decision was made — 1,000 people who must have said, "Hell, we didn't need a hospital. We ain't never giv' sick no how."

Were those 1,000 people from among the 92,000 people who truly live in the area defined by the Local Health Integration Network as south Niagara — the communities of Welland, Port Colborne, Pelham and Wainfleet?

Just to be clear — Niagara Falls, as defined by the province's LHIN, is east Niagara.

If you didn't have mattered much, argue the decision-makers don't seem to be interested in listening to what south Niagara residents have to say.

A September 2012 report by Pollara Strategic Insights asked for the opinions of people from all over Niagara — including St. Catharines where another new hospital was just opened, and

Grimshy which is served by a hospital operated by Hamilton Health Sciences.

Although 76% of survey respondents supported building a new south Niagara hospital, when they learned it would mean closing all existing hospitals in the process 60% opposed the plan.

But that didn't seem to matter. For health-care decision-makers, public consultation seems to mean more as an exercise to see why they're right and you're wrong, rather than actually listening to what the people want and need and trying to find a way to provide it to them.

The decision-makers say they also talked to medical professionals who spoke about the benefits of a consolidated site, about "critical mass" and "centre of excellence."

Medical professionals in Welland have had plenty to say on the subject. They have repeatedly rejected and grumbled against the recommended changes. Wouldn't the concerns by medical professionals with a vested interest in the communities they serve carry more weight than someone an hour and a half away?

Meanwhile, 22,000 people from south Niagara signed a petition asking that Welland hospital be

maintained.

Not surprisingly, that petition was ignored. Welland residents, for the most part, don't want a new hospital. The one they have is just fine.

Millions of dollars have been invested in that building during the past decade — a new ER and dialysis unit are just a couple of the recent upgrades. It could use a little bit of sprucing up some of the older sections, but for the most part it serves the people of south Niagara as it was meant to.

Despite the growing resentment in this community, largely fuelled by Niagara Falls' hyperbole rhetoric, most Welland residents would support the idea of building a new Niagara Falls hospital for that community — just please don't destroy Welland's hospital in the process.

Hoping for the majority of voters in Niagara Falls, Four Falls and Wainfleet — the Lake won't be as willing to throw 92,000 of their neighbours under the bus, as some of their politicians seem only too willing to do.

alan.benner@sunmedia.ca
Twitter: @benner1

GENERAL NOTICE: The contents of this newspaper are protected by copyright and may be used only for personal, non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright.

For further information, contact Dave Johnson.

LETTERS TO THE EDITOR: Copyright in letters and other material submitted to the publisher and accepted for publication remains with the author, but the publisher and its licensees may freely reproduce them in print, electronic or other form.

LOCAL NEWS

SHIPS THAT PLY THE LAKES

The Baie Comeau was one of the new ships added to the Canada Steamship Lines fleet in 2013. An earlier vessel of this name briefly operated on the Great Lakes in the 1950s.

The Baie Comeau was one of the new ships added to the Canada Steamship Lines fleet in 2013. An earlier vessel of this name briefly operated on the Great Lakes in the 1950s.

There are some interesting similarities between the two ships. Both were built in 1955 with the original a product of the Atlantic Shipbuilding Co. of Newport, Monmouthshire, England and the new vessel coming from China. And both vessels are the maximum size for the locks of their day.

The first Baie Comeau arrived on the Great Lakes in the fall of 1954, and at 79.55 metres in length it was a tight fit in the channels of the St. Lawrence Canals.

The 2013 ship of this name is 225.55 metres long, the most allowed in the locks of the modern Seaway.

The early Baie Comeau was

designed as a newsprint carrier and served the Quebec & Ontario Transportation Co. After only part of one year, the company changed the name to Joseph Medill Patterson 1955. As such, the latter sailed on the lakes until 1967.

It also carried grain and perhaps coal and made occasional stops to load paper at Thorold or Baie Comeau, Que.

The vessel opened the 1967 season on April 16, 1967 but arrived at Port Dalhousie on June 12 and was refitted. Following a sale to Shallow Draft Bulk Carriers, the vessel departed in November for a new career on saltwater.

It was bound for Panama Sound, the ship headed to the West Indies after a refit at Halifax.

In later years, registry shifted to the Cayman Islands and then Panama. The name was changed to Rita II in 1974 and the vessel was spotted



AL SYKES COLLECTION / SPECIAL TO QMI AGENCY NIAGARA

Baie Comeau

at New Orleans that year; at Miami in 1975 and anchored on the Delaware River in 1976. A deck crane, equipped with a

clamshell, was observed on the latter occasion.

Lloyd's Register, which keeps track of ships, deleted the

former Baie Comeau from its listings in 1986 with the notation "existence in doubt."

MURDOCH'S

Celebrating 54 Years as Tire & Mechanical Experts



TIRE SALE SAVE \$40 ON A SET OF 4 TIRES

ECONOMY VALUE

MRX PLUS
ALL SEASON



REGULAR PRICE \$69.00

SPECIAL

\$236.00
P175/70R13

PREMIUM TOURING

ROAD TOUR 655
ALL SEASON



REGULAR PRICE \$89.00

SPECIAL

\$296.00
P185/70R14

POLAR TRAX SNOW & ICE

Extreme Traction



REGULAR PRICE \$79

SPECIAL

\$276.00
P195/60R15

TERRA TRAC AT

LIGHT TRUCK PREMIUM



REGULAR PRICE \$134.00

SPECIAL

\$496.00
P215/75R15

TIRE SALE - NOW ON - FREE INSTALLATION AND BALANCING

FRONT END ALIGNMENTS

NITROGEN
TIRE FILLING

\$49.00

WITH A
4 TIRE PURCHASE
FOR 4 TIRES

NITROGEN TIRE FILLING

\$39.95

FOR 4 TIRES

SALE EXPIRES: February 28, 2014

Murdoch's

ONE STOP TIRE & AUTOMOTIVE

*PROFESSIONALS FOR 54 YEARS *

285 Killary Street W.

Port Colborne • 905-835-8832

15% OFF

ON BRAKE
PARTS &
LABOUR

\$29.95

LUBE OIL & FILTER

\$29.95

Get Peace of Mind
With Professional Advice
at a Great Price

Save
up to
30%



Call Today for a
FREE Quote
and Compare!



WHITES'
INSURANCE BROKERS

905-834-3228



45 Clarence St. W. Port Colborne • www.whitesinsurance.ca
Auto • Home • Business • Marine • Life • Bonds

LOCAL NEWS

LAW

Surgeon restricted after sex abuse allegation

An orthopedic surgeon from Welland has been harred from home alone with female patients, after an allegation that he sexually abused an 18-year-old woman.

Although the allegations against him have not been proven, the College of Physicians and Surgeons of Ontario imposed restrictions on Dr. Jamil Rakem on Jan. 31 preventing him from any professional encounter with female patients of any age in any jurisdiction, unless they are in the presence

of a female regulated health professional approved by the college.

The CPSO discipline committee has yet to scheduled a date to hear Rakem's defense into professional misconduct allegations against Rakem, listed on a Notice of Hearing posted on the college's website.

The Notice of Hearing says the allegations against Rakem stem from a June 12, 2012 incident involving an 18-year-old female patient.

Rakem was unavailable to

comment. His office receptionist said he'd taken a few months off.

Wallenda walks again

Wirewalker Nik Wallenda, his wife and other members of his family will be performing shows this summer at the Darien Lake theme park near Buffalo.

No specific dates have been made Wednesday by park officials.

Plans include Wallenda and other aerialists performing twice daily from June 23 through Labour Day on Sept. 1.

The 60-minute shows will take place inside the park's Galaxy Theatre. There will be no shows on Mondays.

"The level of entertainment Nik will bring to our guests this summer is simply outstanding," said Daren Lake, director of marketing at Darien Lake. "Nik Wallenda holds seven world records and he's coming with the world's best aerialists and stunt performers in tow. This truly will be an incomparable entertainment experience."

Wallenda walked across Niagara

Falls on a high wire on June 15, 2012. The event was viewed around the world by 13 million people. Last year, he also walked across the Grand Canyon.

"My family and I are thrilled to be here and we're looking forward to summer at Darien Lake," said Wallenda. "With more than one million people coming to the park every season, it's the perfect location for our act and we can't wait to get started."

All performances are included in the price of park admission and for Darien Lake vacation guests.

Bio-K+ is So Good For Your Health

Do you know the expression - you are what you eat? It's because your digestive system plays such an important role in helping you stay healthy. Or not. Poor digestion adversely affects your health in so many different and unhealthy ways.

Over 80 million people in North America suffer from poor digestive health. It is one of the most common and 'preventable' health concerns.

Poor digestive health is characterized by problems such as bloating, gas, constipation, diarrhea, Crohn's disease and irritable bowel syndrome. People with healthy digestive tracts have beneficial micro-organisms that live in the intestines. These healthy bacteria, called 'flora,' play a very vital role by improving digestion and promoting good health.

So many of our health problems are a direct result of poor digestion. And



digestive problems can lead to serious health conditions such as lactose intolerance, food allergies, poor absorption of nutrients and bowel inflammation.

The healthful bacteria of Bio-K+ helps to digest and absorb food. Many people

rely on Bio-K+ to help with chronic intestinal problems such as Crohn's disease and Irritable Bowel Syndrome. Healthy intestinal flora has also been shown to reduce LDL (bad) cholesterol and increase HDL (good) cholesterol.

Bio-K+ gives your body a significant amount (50 billion cells) of fresh, live, friendly, active bacteria. Bio-K+ can really help improve your health. We highly recommend Bio-K+.

For more information about Bio-K+, visit Rosemary's Natural Choices

12 pack

Sale... \$31.99

Sale ends March 20th

PLUS get a FREE cup of coffee too! Drop by Rosemary's Natural Choices and enjoy a cup of organic, fair trade coffee. Our treat! Joe, Brenda, Diana and Susan have been keeping Welllanders healthy for over 20 years. Good health, natural remedies, great people and free coffee. It doesn't get any better than that.



**Rosemary's
Natural
Choices**

95 Lincoln Street (St. Charles Plaza)
I Block South of Pupos in Welland
Phone (905) 714-0586
www.rosemarysnaturalchoices.com

Information is provided for reference only. For specific health issues consult your local natural health practitioner.

INTERNATIONAL WOMEN'S DAY

Roselawn celebrates women

Port Colborne's Roselawn Centre will be celebrating Women in the Arts on March 1.

The International Women's Day event will raise money for the Friends of Roselawn to hire female artists to offer lessons and workshops at the arts centre.

The day will include live performances by Brannah Burns, Broadband, Adrienne Smoak and WomEnchant, and an art exhibition featuring local female

artists in the mediums of woodcarving, batik, pottery, acrylics, and photography,

Dores open at noon, with live theatre performances to start at 1 p.m. The event will wrap up at 6 p.m.

Cost is \$25 for adults 18 and older and \$15 for students and seniors.

For more information, contact organizers Nancy Misener at 905-835-8817 or Karen McCollum at 905-360-0543.



Mark Guilbeault
State Farm Representative
220 Main Street West
Port Colborne, ON L3K 3V4
Bus: 905-835-0521

Will your money retire before you do?

The sooner you start saving, the more likely you are to reach your long-term goals. Ask me how I can help you work towards your goals and dreams.
Get to a better state. Call me today.*



1201046CN1 State Farm International Life Insurance Company Ltd., Ancaster, Ontario



Daily Specials

Takeout Available

**Homemade Pies...
Delicious Homestyle Cooking
Catering Available**

**Tuesday
Roast Beef Dinner**
Potatoes
Vegetable
Roll & Butter **\$9.95**

**Wednesday
Roast Pork Dinner**
Potatoes
Vegetable
Roll & Butter **\$9.95**

**Thursday
Roast Turkey**
Potatoes
Vegetable
Roll & Butter **\$9.95**

EVERY FRIDAY

Fried Fish 'N' Chips (Haddock) **\$9.95**

Corner of Main St. & Stevenson Rd. Mon - Fri 7am - 8pm, Sat: 7am - 1pm **905-382-3765**

■ GREEN ENERGY: Bradley says environment ministry will have final say

West Lincoln group demands wind turbine cancellation

DON FRASER

QMI Agency Niagara

A group opposed to wind turbines in West Lincoln is demanding the cancellation of the project due to setback violations.

The group said three of five industrial wind turbines at the location in the west part of the township were constructed in violation of provincial regulations.

In a news release, West Lincoln Glenbrook Wind Action Group said the violations in property boundary setback requirements were confirmed by an Environment Ministry official.

Environment Ministry told the group "a new precedent will be set to legitimize the... deficiencies" by letting the wind company get retrospective permission from affected neighbours to accept reduced turbine setback distances from their property boundaries.

"Once again, the wind industry is not in compliance with regulations," said action

group co-chair Deb Murphy.

"People don't want the turbines there, they're not sited properly and they want them gone."

Murphy said "it seems like the wind industry never has to follow the rules, and we're saying 'Why not?'

Rankin Construction is building the turbines and is 50% owner of the turbine company Vineland Power Inc. Rankin president Tom Rankin said the setbacks are intended to farmers' fields, and not to residences.

"It does not impact any homes," he said. "We're not in violation of setbacks from any of the homes."

"They're making a mountain out of a molehill ... are the farmers' fields in any danger from this? They're grasping at straws here, as far as I can see."

Rankin said the project is nearing its final stages and could be ready for start-up in early March.

The wind action group and other opponents say if the five turbines are

permitted to operate, residents nearby fear the possibility of health impacts, property devaluation and harm to local bird and bat populations.

Ontario Environment Minister Jim Bradley said his ministry is

aware of the setback issue and is "taking appropriate steps to ensure compliance with the provincial setback requirement."

"The turbines cannot operate without this matter being resolved to the satisfaction of the ministry."

he said in a statement.

West Lincoln Mayor Doug Joyner said for the time being he preferred not to comment on the matter.

don.fraser@sunmedia.ca

Stamford Hardware and Fireplace Warm Up To Winter Sale!

**SHOP EARLY! MANY
ONE-OF-A-KIND
DEALS WHILE
THEY LAST!**

**SATURDAY FEBRUARY 8th UNTIL SATURDAY FEBRUARY 22nd
TIME TO COZY UP TO THE FIRE!**

***FREE COACH SERVICE TO**

FALLSVIEW
CASINO RESORT

***After \$10 Slot Reward Bonus
Government photo ID required**

Includes the HST.

**Monday and Thursday
Departing From**

Welland COMMUNITY WELLNESS COMPLEX 145 LINCOLN ST. 10:00 AM	Port Colborne BUS STOP ON KING ST, AT CLARENCE, BESIDE MERIDIAN BANK 10:15 AM	Fort Erie HWY#3 (GARRISON RD) BY OLD ZELLERS PLAZA 10:40 AM
--	--	--

Offer shown in Canadian Dollars. Offer has no cash value, is non-cashable and must be played at the slot machine. One offer per customer per visit. Offer must be used day of visit. Must be 19 or older. Valid Government issued photo ID and PAC card required to redeem offer. Offer does not apply to individuals who are self-excluded. Offer is not transferable, assignable or redeemable in whole or in part. No cash value. Void where prohibited. No purchase or trade value or exchange for money or services. Void where prohibited. See fine print for details. Offer valid until Feb 27, 2014. Call 1-800-388-1789 for more information.



Customer Appreciation Days!!

**Free Service! Plus \$10 Slot Reward Bonus!
Free Gift for Everyone! Plus 1 Free Giveaway per coach!
February 27th, March 10th and 27th**

FOR RESERVATIONS OR INFORMATION
CALL 1-800-388-1789
168 CLARENCE ST., PORT COLBORNE,
L3K 3G5
www.yourcasinovacations.com
TICO 50007535

ENVIRO E30 GAS INSERT Installed <i>sale \$2699</i> reg. \$2999 Save \$300.00	VERMONT CASTINGS STARDANCE GAS STOVE Installed <i>sale \$2999</i> reg. \$3299 Save \$300.00	LOPI 32 DVS GAS INSERT Installed <i>sale \$3399</i> reg. \$3799 Save \$400.00
KOZY HEAT LAKEFIELD GAS STOVE Installed <i>sale \$2199</i> reg. \$2499 Save \$300.00	DUTCHWEST OXFORD GAS STOVE Installed <i>sale \$2199</i> reg. \$2599 Save \$400.00	KOZY HEAT TRF DIRECT VENT Installed <i>sale \$2299</i> reg. \$2599 Save \$300.00
MAJESTIC 300 DVB DIRECT VENT Installed <i>sale \$1799</i> reg. \$2199 Save \$400.00	ENVIRO WESTPORT GAS STOVE Installed <i>sale \$3199</i> reg. \$3499 Save \$300.00	VALOR 739 ILN GAS INSERT Installed <i>sale \$2999</i> reg. \$3299 Save \$300.00
FPX 564 GS DIRECT VENT Installed <i>sale \$3199</i> reg. \$3499 Save \$300.00	WOODSTOVE DEMO MODELS <i>ON SALE NOW!</i>	BOOK YOUR END OF SEASON CHIMNEY SWEEP NOW! APRIL & MAY BOOKINGS \$100 TAX-IN

***INSTALLED PRICES BASED ON MAIN FLOOR FLAT WALL LOCATIONS. BASEMENT VENT EXTRA
WINTERS NOT OVER YET, TAKE ADVANTAGE OF GREAT DEALS NOW!**

Stamford hardware
3639 Portage Road • Niagara Falls • 905-356-2922
Monday - Wednesday 8:00am-6:00pm • Thursday & Friday 8:00am-8:00pm • Saturday 8:00am-5:30pm

LOCAL NEWS

BOOKS: Libraries committed to freedom to read



MELISSA MANGELSEN/Tribune Staff

Jennifer Parry, director at the Port Colborne Public Library holds a copy of *The Call of the Wild*. The book was one of many books that has been challenged over the past several decades. Freedom to Read Week will be recognized Feb. 23 to March 1.

TIE PINK
Restaurant & Tavern
金滿樓

Fully Licensed Under L.L.B.O.
17 Charlotte St, Port Colborne
905-835-8377

DINE IN • TAKE OUT • DELIVERY
FRESH, HOT, HUGE SELECTION

The following may offend you

MELISSA MANGELSEN
Import Staff

"In this library there should be something in here to offend everyone."

Those are the words of Jennifer Parry, director at Port Colborne library, which is about to recognize Freedom to Read Week.

"We don't censor or cater to one group," she said.

It's hard to imagine walking into a library and not seeing a copy of *To Kill a Mocking Bird*, *Of Mice and Men*, *Snow Falling on Cedars* or *Bridge to Terabithia*.

Librarian Susan Therrien said the freedom to read can never be taken for granted. Even in Canada.

Feb. 23 to March 1 is Freedom to Read Week across Canadian libraries. It's something the Port Colborne library has participated in for more years than Parry can remember.

"Everyone has the right to read what they want to read. There still is a lot of challenged books out there. Freedom to Read Week is a long-standing tradition in Canadian libraries," said Parry. "Books have been banned for various reasons for centuries. All it is is a form of censorship."

Books have been banned for religion, sexuality, race and genetics.

Freedom to Read Week belongs to the freedom of speech. Books are removed from the shelves in Canadian libraries, schools and bookstores every day.

"Free speech on the Internet is under attack. Few of these stories make headlines, but they affect the right of Canadians to decide for themselves what they chose to read," said Therrien.

What offends one, may not offend another.

See BOOKS on Page 9

We Pay the HST
on all windows in the month of February



12mm Laminate In Stock	Armstrong Flexstep Vinyl Floor In Stock	Canadian-made Carpet In Stock Starting At	Carpet or Vinyl Installed Your Choice \$1.99
\$1.59	99¢	69¢	1.99

All prices per sq ft. Min quantities may apply. Colour and style may vary. See us for details.

Crescent
HOME SHOW

**Crescent
Flooring**
409 Walden Blvd · Fort Erie
(Behind Sobeys on Garrison Road)

905-994-7687 Toll Free 1-855-866-0422

Call us for a free estimate!
Monday-Friday 8:30AM-5PM
Saturday 10AM-3PM
After Hours Appts. Available!
www.crescentflooring.com

Canadian Tire

Premier National Partner
Grand Partenaire National

WE ALL PLAY FOR CANADA



WE ARE A NATION OF 35.2 MILLION INDIVIDUALS BOUND TOGETHER BY PLAY. PLAY IS AN INNATE PART OF BEING CANADIAN. IT MAKES US STRONG, CONFIDENT, CREATIVE AND TENACIOUS AS INDIVIDUALS AND AS A COUNTRY. EACH OF US PLAYS OR SUPPORTS PLAY OR ENABLES PLAY. WHETHER IT'S A GAME OF ROAD HOCKEY WITH OUR FRIENDS, CHEERING OLYMPIC ATHLETES ON THE PODIUM OR TAKING OUR KIDS TO THE NEIGHBOURHOOD PLAYGROUND,

GLENDALE AVE.
ST. CATHARINES
905 227-7481

WELLAND AVE.
ST. CATHARINES
905-688-0488

MCLEOD RD.
NIAGARA FALLS
905 358-0161

LOUTH ST.
ST. CATHARINES
905 682-8275

MONTRÉAL RD.
NIAGARA FALLS
905 354-3848

GARRISON RD.
FORT ERIE
905 871-1564

WEST SIDE DR.
PORT COLBORNE
805-835-1155

PRIMEWAY DRIVE
WELLAND
905-782-7501

SELECTION MAY VARY BY STORE

LOCAL NEWS

COURT

Maddie's killer gets life

KAREN WALTER
QMI Agency Niagara

This cannot be true. This cannot be my life. This is all a horrible dream.

Every morning, Maddie Hood's mother wakes with these thoughts.

Then she forces herself to envision her 19-year-old daughter in the coffin, covered up to her neck to hide all the wounds.

"This is the image I will forever see as I try to learn to accept the reality of my life without Maddie," Colleen Hood said in court Tuesday.

Maddie's killer, Cassell Farnsworth, 19 at the time he was sentenced to life in prison with no chance of parole for 12 years.

He pleaded guilty to second-degree murder in November for the July 7, 2012 death of Maddie in her St. Catharines apartment.

But Farnsworth wasn't being

led away until the people who loved Maddie told him exactly what he had taken from them.

An affectionate, loving girl with a witty sense of humour, Maddie had been accepted to start at Brock University. Outgoing, stubborn, unconventional, emotional, fiercely loyal, serious, funny, brilliant.

Her mother was the first to deliver an emotional account of her relationship with her daughter, standing in court for more than 20 minutes, her family wept.

"She loved me without reserve, in a way that only daughters love their mothers," she said. "I will never be loved in that way again." The murder has decimated Hood, a professor at Brock who says she's now a shell of the woman she used to be. She has filled her father's void, who made the trip from British Columbia, with a profound sense of loss. It has devastated her family from the west coast

to the east.

Even the judge could not disguise the emotional impact he felt from 10 victim impact statements.

"She became a judge. I was told you shouldn't show emotion in a courtroom. Who ever said that has never been a judge," Superior Court Judge James Turnbull said, his voice cracking.

He said everyone in the courtroom, including the staff, were moved.

"As a mother, I can't even fathom what you folks are going through."

All the while, a smiling Maddie looked out on the scene from a picture frame perched on the witness box, where her mother had placed it.

She was found dead by firefighters in her rented basement apartment in East Hampton off Glendale Ave. east of Glenridge Park.

She had been beaten, strangled and stabbed multiple

times, before her apartment was set on fire, leaving burns to 28% of her body.

The cause of death was due to neck compression.

Farnsworth and Maddie and Farnsworth had previously been involved in a romantic relationship. Hood was involved in low-level drug dealing, selling mostly marijuanna and some cocaine supplied by Farnsworth. At the time of her death, she owed Farnsworth an undisclosed amount.

Farnsworth, now 21, chose to address Maddie's family from the prisoner's box.

"I want to express how sorry I am for what I did to your family," he said, facing her mother as he read from a paper in his shackled hands.

He said he didn't plan for the attack, which he visited Maddie that day, adding she was a really good person and a lot of people liked her.

"I don't expect any of you to

forgive me. All I can hope for is you one day find peace."

He then turned and apologized to his family, who sat on the opposite side of the courtroom, and told them he loved them.

"I made a terrible mistake that he'll have to pay for for the rest of his life," his lawyer Michael DelGobbo said.

Reference letters from Farnsworth's family described a loving brother and son who grew up without a father and stepdad, walking his sister to school and always looking out for her.

A good student, he graduated from Sir Winston Churchill Secondary School as an

Ontario scholar and was working full-time at Travelodge until the day of the murder, by all accounts an excellent worker.

In other words that when she received the call from police, she could not believe her son was capable of what they were saying.

"This incident has changed all of our lives," Rebecca Farnsworth wrote.

The judge told Farnsworth he hoped he understood the ripple effect of a "savage" and "unjustified" actions.

"Don't ever underestimate what you've done."

karen.walter@sunmedia.ca

Port Colborne Operatic Society presents its 2014 production

TICKETS & GIFT CERTIFICATES ON SALE

Monday-Friday, 9 am - 4:30 pm, (closed 12-1 pm)
Saturdays, Feb 8, 15, 22, March 1, 10am-2pm

905-834-7572

Visa, MasterCard, AMEX

Roselawn Box Office

296 Fielden Avenue (at Carter), Debit or Cash

2014 SHOW DATES

Sat., February 15	7:30 pm
Sun., February 16	2:00 pm
Sat., February 22	7:30 pm
Sun., February 23	2:00 pm
Fri., February 28	7:30 pm
Sat., March 1	7:30 pm
Sun., March 2	2:00 pm

**Reserved Seats
Just \$20**

All seats reserved in our
600-seat theatre

[f](#) [t](#) @PCOS1945

MEET THE CAST NIGHT!

Lakeshore Catholic
High School Auditorium

Platinum Sponsor: Gold Sponsor:
B BOGGIO **E** ELYMUS
BRINGING BROADWAY HOME SINCE 1945

PortColborneOperaticSociety.com



We'll give you something to
SMILE about!

- Full & Partial Dentures • Emergencies & House Calls
- Free Consultation • Upper & Lower Dentures
- Same Day Repair & Reline Service Available

Norbert Gieger » 905.833-2155

6th Annual

NOTL HOME SHOW

renovate•rejuvenate•revitalize

• FREE ADMISSION • FREE PARKING •

ONE DAY ONLY

March 1, 2014

9 am - 4 pm

Crossroads Public School

1390 Niagara Stone Road • Niagara-on-the-Lake

Vendors & exhibitors featuring products & services for your home and garden:

- Garden Auction
- BBQ
- Silver Sale
- 品 of proceeds for Commerical School

Niagara
Advance

Meridian
Bank

ROSELYN
BROS.
DENTAL

valu-mart
plus
St. John

5% OVER INVOICE COST...5% OVER INVOICE COST...5% OVER INVOICE COST...5% OVER INVOICE COST...5% OVER INVOICE COST...

David Chevrolet Buick GMC
LIMITED OFFER!!

OF IN STOCK NEW CARS, TRUCKS & SUV'S

David Chevrolet Buick Gmc Is Selling Down Their Entire Inventory Of Every New 2014, Every Remaining New 2013

Insurers reduce medical/rehab benefits

More headache for families of catastrophically impaired accident victims.

Late last year the Ontario government reversed a ruling of the Ontario Court of Appeal and made it harder for auto accident victims to obtain medical-rehabilitation benefits.

This attack on no-fault accident benefits was accomplished through a regulation, a

cabinet decree, made Dec. 11 and printed in the Ontario Gazette Jan. 4. The changes came into force on Feb. 1.

There was no public debate, consultation or advance warning.

One change impacts the ability of accident victims to access more than \$3,500 in medical/rehabilitation benefits.

When the government reduced accident benefits in 2010, it created a category of minor injury claimants who were limited to

a maximum of \$3,500 in medical/rehabilitation benefits. The actual limit is much lower, however, since the \$3,500 includes the cost of medical assessments.

But the minor injury rules were set up with a safety valve. Victims could access up to \$50,000 in medical/rehabilitation benefits, if their health care practitioner established they had a pre-existing condition or condition that would prevent them from achieving maximal recovery if they were subject to the \$3,500 limit.

But as of Feb. 1, that safety valve has been limited so it applies only to pre-existing medical conditions that had been documented by a health practitioner prior to the accident. This will reduce the number of people who qualify for more than \$3,500 in medical/rehabilitation benefits.

The Fair Association of Victims for Auto Insurance Reform estimates 85% of accident victims are only covered for the \$3,500 in benefits, so it doesn't appear there was a pressing need for this change. There was no need for it to be done without public consultation.

The other change is more insidious, as it overruled a July 2013 decision of the Ontario Court of Appeal involving payments of attendant care benefits to family members of accident victims.

Attendant care covers all aspects of care including dressing, feeding, bathing, administering medication and so on. Up until 2013, anyone who bought the maximum amount payable for attendant care benefits for catastrophically injured victims is \$6,000 per month. Attendant care benefits are only provided if certified as necessary by an occupational therapist or a nurse. Insurers have the right to challenge any attendant care needs that have been certified by a health practitioner.

The Court of Appeal decision involved a young male rendered paraplegic following a car accident. His attendant care needs were assessed and certified at \$9,500 per month. The insurer conceded the attendant care needs were reasonable and necessary. Instead of hiring full-time caregivers, the mother gave up full-time paid employment,

where she earned \$2,100 per month, to provide care for her son on a 24-hour-per-day basis. The insurance company took the position it was only responsible to compensate for attendant care benefits up to \$2,100 per month, the amount the mother gave up by staying home to look after her son.

The Ontario Court of Appeal disagreed, ruling the law was clear; the insurance company was required to pay \$6,000 per month for the attendant care benefits.

That decision has now been overturned. As of Feb. 1, attendant care benefits are capped by the economic loss sustained by the care provider.

According to personal injury lawyer Darryl Merker, this change "discriminates against persons not currently in the workforce, like retirees, stay-at-home parents, and the unemployed, who are restricted from being compensated for providing needed and valued care to their seriously injured loved one."

Well, at least we know who has the ear of this government.



PHARMACISTS NOW ABLE TO EFFECTIVELY IMPROVE YOUR HEALTH THROUGH EXPANDED SCOPE OF PRACTICE

As a result of new regulations governing the practice of pharmacy in Ontario, pharmacists are now able to be more deeply involved in your medication and management of your overall health. The new regulations came into effect on January 1, 2014, allowing pharmacists to make use of their unique knowledge. This is great news for both pharmacists and you, their patients. It will allow pharmacists to be an even more integral part of your healthcare management and it will provide you with greater convenience as pharmacists are easily available in the community.

These are five main areas that these changes will affect:

1. PHARMACISTS CAN PRESCRIBE SEVERAL EFFECTIVE MEDICATIONS TO HELP YOU QUIT SMOKING. PATIENTS WHO MAY WISH TO TRY THIS METHOD OF CUTTING CAN NOW BE ASSESSED BY THEIR PHARMACIST – WHO WILL USE THEIR PROFESSIONAL JUDGEMENT TO DECIDE IF IT IS RIGHT FOR YOU. THIS MEANS THAT YOU WILL NOT HAVE TO WAIT TO SEE YOUR DOCTOR IN ORDER TO GET ON THE PATH TO BECOMING SMOKE-FREE AND THE PHARMACIST CAN BE INVOLVED THROUGHOUT THIS SOMETIMES DIFFICULT PROCESS.

2. PHARMACISTS MAY BE ABLE TO REVIEW YOUR PRESCRIPTION WITHOUT YOU HAVING TO SEE YOUR DOCTOR FIRST. YOUR CONDITION AND YOUR MEDICATIONS MUST BE STABLE. FOR EXAMPLE, THIS MAY APPLY TO PATIENTS WHO HAVE WELL-MANAGED CONDITIONS LIKE DIABETES OR HIGH BLOOD PRESSURE. PRESCRIPTIONS THAT ARE STABLE AND NOT APPROVED BY A DOCTOR CAN BE REVIEWED BY A PHARMACIST AND DOES NOT REQUIRE YOU TO SEE THE DOCTOR FOR PROPER FOLLOW-UP AND MONITORING).

3. PHARMACISTS MAY ALSO MAKE CERTAIN CHANGES ADAPTOING TO YOUR DOCTOR'S PRESCRIPTION IF NECESSARY BASED ON PROFESSIONAL JUDGEMENT. FOR EXAMPLE, THEY MAY CHANGE THE DOSAGE FORM (TABLET/CAPSULE/LIQUID) OR THEY COULD ALTER THE DOSING REGIMEN AND POSSIBLY EVEN THE DOSE TO SUIT YOU BETTER. AS ALWAYS, ANY CHANGES WOULD BE DONE WITH YOUR CONSENT AND THE PHARMACIST WOULD SHARE THEM WITH YOUR DOCTOR.

4. PHARMACISTS CAN NOW BE OF EVEN GREATER ASSISTANCE IN HELPING TO DEMONSTRATE HOW TO USE YOUR DEVICES. IF YOU ARE A PATIENT WHO USES AN INHALER OR HAS SELF-ADMINISTERED INJECTIONS, YOU CAN NOW SEE YOUR PHARMACIST TO SHOW YOU HOW TO USE IT, RATHER THAN USING A MODEL ONE. PHARMACISTS WHO ARE ABLE TO ADMINISTER INJECTIONS IN ORDER TO TEACH YOU HOW TO USE THEM HAVE RECEIVED A TRAINING PROGRAM.

5. SPECIALLY TRAINED PHARMACISTS CAN ADMINISTER THE FLU VACCINE TO PATIENTS FIVE YEARS AND OLDER. THIS WILL PROVIDE PATIENTS WITH MORE LOCATIONS AND GREATER EASE OF ACCESS TO THE VACCINE.

As usual, your pharmacist will make these decisions based on your specific situation, so it is very important to give them as much information about yourself as you can. They need to know about all of the medications you are taking, including anything over-the-counter or any vitamins/minerals that you use. Also, it is important to talk to your pharmacist about your lifestyle (e.g. the foods you eat and the exercises you do) so they can get the full picture in order to make the best recommendations for you.

Pharmacists have always been a wonderful source of information and support for patients regarding how to best manage their medications and their medical conditions. Now that the role of pharmacists has expanded to allow them to have more involvement with their patients, it will be easier than ever for patients to maintain good control of their conditions and medications.

BOGGIO PHARMACY

200 Catherine St., Port Colborne

905.834.3514

www.boggios.com

store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 12-5
34 DOUGLAS AVE., Welland
734-3836

Store hours
Mon-Fri 9-9 • Sat 9-6 Sun 1



Premier National Partner
Grand Partenaire National

WE ALL PLAY FOR CANADA



EVERY CANADIAN ATHLETE (INCLUDING JONATHAN TOEWS ABOVE) HAS A TEAM THAT HELPED THEM GET THERE. HEAR THEIR STORIES AND TELL US YOURS AT

WE ALL PLAY FOR CANADA.CA

GLENDALE AVE.
8T. CATHARINES
905 227-7481

WELLAND AVE.
ST. CATHARINES
905-688-0488

MCLEOD RD.
NIAGARA FALLS
905 358-0161

LOUTH ST.
ST. CATHARINES
905 682-9275

MONTROSE RD.
NIAGARA FALLS
905 354-3948

GARRISON RD.
FORT ERIE
905 871-1564

WEST SIDE DR.
PORT COLBORNE
905-835-1155

PRIMEWAY DRIVE
WELLAND
905-732-7501

SELECTION MAY VARY BY STORE

IN BRIEF

Two charged after assault

Two people face several charges following a home invasion in Fort Erie Monday night. Niagara Regional Police say two

people armed with weapons forced their way into an apartment building on Courtwright St.

The duo broke into a unit and assaulted two people inside.

Police said the suspects fled, but were arrested a short distance away.

The victims received medical

attention for their injuries.

Police say all parties are known to each other, and that the attack was not random.

Charged with break enter commit assault with a weapon is Oarcy Secord, 23, and Catarina Marazzo, 19, both of Fort Erie. Marazzo also faces a charge of uttering threats.

Shaw's 2014 season

WNED-TV will take an inside look at the Shaw Festival's upcoming season in *Shaw Festival 2014 Season Preview* airing Feb. 21 at 9:30 p.m.

Actor and director of *Theatre Talk* will sit down with the Shaw Festival's artistic director Jackie Maxwell and executive director Elaine Calder for a preview of the 2014

season's playbill of 10 productions. "We are thrilled to be once again collaborating with WNED-TV," said Maxwell.

Hearty fundraiser

Brown Pizza on Morrison St. will be serving heart-shaped pizzas to guests on Valentine's Day to raise money for charity.

The restaurant will donate \$1 from the sale of each pizza to the Boston Pizza Foundation Future Prospects, which helps children and youth across Canada find and benefit from positive role models.

Also, from Feb. 10 to 14, guests can purchase a scratch card for a minimum donation of \$2 for a chance to win prizes.

LOOK IN THURSDAY'S PAPER FOR YOUR M&M FLYER!

M&M MEAT SHOPS

OUR BEST LASAGNA

At our Best Price!

SUPREME HOMESTYLE LASAGNA

JUST LIKE
HOMEMADE!

907 g/2 lb

5.99
MAX
SPECIAL
SAVE \$5



Mozzarella Sticks

• The irresistible taste of part-skim mozzarella cheese
15-21 PIECES

454 g/1 lb

7.99
MAX
SPECIAL
save \$1



Cooked Shrimp Platter with Sauce

• Just thaw and serve!
80-90 SHRIMP

795 g/28 oz

12.99
MAX
SPECIAL
save \$5

Oriental Party Pak

• Ready from the oven in 20 minutes!
APPROX. 60 PIECES
907 g/2 lb



FULLY COOKED LOUISIANA STYLE CHICKEN WINGS

20-25 PIECES
907 g/2 lb

9.99
MAX
SPECIAL
SAVE \$6



BONELESS CHICKEN BREASTS SEASONED & SKINLESS

8-12 PORTIONS 1.36 kg/3 lb

16.99
MAX
SPECIAL
SAVE \$3



ALL PRICES IN EFFECT FRIDAY, FEB. 21 UNTIL THURSDAY, FEB. 27, 2014 UNLESS OTHERWISE STATED.

St. Catharines: 210 Glendale Ave. 905-682-3121
St. Catharines 353 Lake St. 905-546-9812
St. Catharines 100 Fourth Ave. 905-682-6328

Niagara Falls 6225 Thorold Stone Rd. 905-354-0188
Fonthill 20 Hwy 20 E. 905-922-4765
Welland 30 Rice Rd. 905-736-6819

Visit mmmeatshops.com for individual store hours.



**LIKE US ON
FACEBOOK**
[facebook.com/
InPort News](http://facebook.com/InPortNews)

**Reach Over
20,000 Readers!**

**WITH YOUR MESSAGE
IN THIS SPACE**

For Only \$20.00 Per Week
Based on 13 Weeks

Call 905-732-2414 x.260

Online Learning for Adult Learners

Register Today -
Start in February!

- English • Math
- Health • Science
- Cdn & World Studies
- Social Sciences

Call: 905-687-7000

www.dsbn.org/community
CommunityEd@dsbn.org



DISTRICT
SCHOOL BOARD
OF NIAGARA



LOCAL NEWS

KUB KAR RACES: 'Some of the cars are pretty elaborate'



GREG FURNIGER/QMI AGENCY NIAGARA
Scouts from 9th Welland, 2nd Port Colborne and 3rd Fonthill watch their Kub Kar races Saturday at Seaway Mall.

These scouts have a need for speed

GREG FURNIGER
QMI Agency Niagara

The race cars sped silently, but the spectators' roars at times were deafening.

Anyone who ventured to Seaway Mall Saturday was sure here the cheers shouted by members from 9th Welland, 2nd Port Colborne and 3rd Fonthill scout packs as they competed in their annual Kub Kar racing competition.

"I'm having fun," said Josh Benard of the Port Colborne unit.

"I just like racing."

The boys spent the previous week at the mall conducting time trials, which allowed them to make modifications from their scratch-made vehicles if necessary for the big day.

"You want to have a good amount of weight and you have to have a slope in the front so the wind goes over," Roanin Smith said referring to his car's aerodynamics.

"But perhaps even more important, he said, is that 'the wheels have to spin real good.'

Many of the cars were built at a workshop at Auberger Richelieu, with some guidance and assistance in the use of power tools.

Scouts were given a block of wood, four plastic wheels and weights to adjust their finished product.

greg.furniger@sunmedia.ca
Twitter: @GregAtTheTrib

Some were made to look like Formula 1 cars, one looked like the Herbie the Love Bug.

"Some of the cars are pretty elaborate," said Bob Fish, pack leader for 9th Welland.

"Some of them are really creative — you can see by the paint jobs."

Jackson Ottaway of the Fonthill pack painted his green with a blue racing stripe because they're his favourite colours.

And he was also aiming for the least wind-resistance for when his car was launched down the track at the mall's centre court.

"I made it kind of real flat so the wind goes over it," he said.

The scouts raced in two classes: lightweight to a maximum 112 grams and heavyweight to no more than 142 g. Each car raced 12 times Saturday, always switching lanes to ensure fairness, and the average time was recorded and calculated using a computerized timing system.

Fish said many scouts didn't necessarily know at that time what they were creating and competing, they were also earning a number of badges, including for carpentry and handicrafts.

"And it's just a blast because they're racing cars," he added.

MYOMOTION

"STOP PAIN from the INSIDE"



The most effective joint pain relief supplement for:

- Osteoarthritis
- Tendonitis
- Back Pain
- Sore Muscles



Dr. Marcus Laux, ND
World renowned natural medicine expert & formulator

MYOMOTION is a state of the art advanced anti-inflammatory supplement. It is the next generation of herbal research delivering faster, more effective pain relief. Each ingredient is clinically proven, patent protected, and naturally safe. There is nothing better.

"MYONATURAL™ "STOP PAIN from the OUTSIDE"

IT'S ALL NATURAL & TOXIN FREE

It doesn't matter whether you have tried 20 other pain relief products...

there is nothing like it!

"Accept no substitutes as there are none as far as your health is concerned!"



Try MyoNatural
free in-store today!



BOGGIO
PORT COLBORNE

200 Catharine St., Port Colborne
ON, L3K 4K8

Tel: 905.834.3514 • Fax: 905.834.6252
port@boggios.com

We have free prescription delivery

B BOGGIO
Family of Pharmacies

myomotion.ca

Find us on
Facebook

myonatural.ca





LIKE US ON FACEBOOK

facebook.com/InPort News

ENJOY GROCERIES *on us!*

SUBSCRIBE TO 26 WEEKS
OF DAILY HOME DELIVERY
OF THE TRIBUNE
FOR 51¢ PER DAY*!

AND RECEIVE A
\$20 GROCERY GIFT CARD!

SAVE
49%



wellandtribune
ca

CALL

1-855-533-5594 QUOTE: METRO

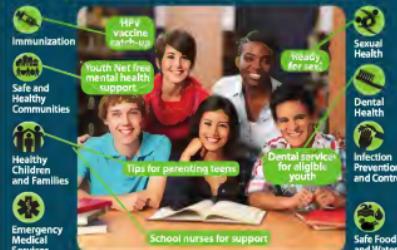
CERTIFICATES
ARE NOT
AVAILABLE
FOR PICK-UP AT
THE TRIBUNE



*The offer price of this promotion is \$99.75 tax included. This offer is available to customers who have not had home delivery in the last 25 days. This offer must be pre-paid by credit card at time of order. This offer is not available in all delivery areas. This offer is non-refundable. The Grocery Gift Card is valid in a specified order. Please allow 8 weeks for mail delivery of your Grocery Gift Card which is not available at your local news paper office or to walk-in, phone-in, or online calls. Please note that the value of this offer is based on the value of this offer. The value of this offer is the value of the Grocery Gift Card and is based on the terms and delivery frequency of this promotion. Offer expires April 30, 2014. Gift Cards can be used at Metro and Food Basics OHL Banner stores, GST#R99292, H435 RTD000.

Public Health is connected to you
in more ways than you think...

A DAY AT YOUR KID'S SCHOOL



Find out more about
our programs and services.

www.niagararegion.ca/health

Niagara Region

Port WORKS!

HAVE YOU BEEN LAID OFF?

ARE YOU UNEMPLOYED?

Ask us about

SECOND CAREER

FUNDING TO HELP YOU GET RE-TRAINED

EMPLOYMENT SERVICES

92 Charlotte St., Port Colborne

905-834-3629



This Employment Ontario service is funded in part by the Government of Canada.

EMPLOYMENT
ONTARIO

State of the Art Facility

LASIK provision

The way you want to see®

Lasik ProVision is the Niagara Peninsula's only comprehensive refractive centre which deals with the treatment of common visual disorders. The centre was founded in its current location in 1999 and has evolved to a state of the art refractive centre with a global reputation for the laser correction of nearsightedness, farsightedness and astigmatism. It is a world leader in bringing the treatment of Zeiss Laser Blended Vision Vision for the treatment of presbyopic "reading glasses vision" to North America. In addition, the centre specializes in the treatment of cataracts and corneal disorders such as keratoconus.



DR. ANDREW W. TAYLOR

M.D., F.R.C.S.C., Dip. A.B.O.

Celebrating over 100,000 procedures.

Founder and medical director, Dr. Andrew W. Taylor, is one of North America's leading ophthalmologists in the use of excimer lasers in refractive surgery. He obtained his medical degree from the University of Toronto in 1991 and went on to complete a specialty residency in ophthalmology, also at the University of Toronto. He then went on to complete subspecialty training in corneal and refractive disorders. He has completed over 100,000 refractive procedures including lasik, photorefractive keratectomy and cataract surgery to date. In addition to his directorship role at Lasik ProVision, Dr. Taylor is an active staff member of The Niagara Health System in the Department of Ophthalmology.

Lasik ProVision has evolved in its current location from its original incarnation as Lasik Vision, which brought affordable lasik eye surgery to North America. Dr. Taylor restructured Lasik Vision in 2001 as a founding principal and owner of Lasik MD, which then went on to expand refractive clinics across Canada. In 2005, Dr. Taylor left Lasik MD to focus on more customized patient eyecare. In addition to his base clinic in Niagara Falls, he underwent an international expansion to London, England, Brussels, Belgium and the United States. Currently, in addition to his work in Niagara Falls, Dr. Taylor is involved in the development of a comprehensive ophthalmic centre in Toronto.

"What is exciting now in refractive laser eye surgery is the safety of the procedure and the range of treatment options now available for patients. It is rare that a patient cannot benefit from refractive surgery" says Dr. Taylor. "The greatest development in recent years has been the use of the femtosecond laser for the creation of the flap upon which the lasik procedure is based. Not only does this create a thinner and more uniform

flap which leads to better optical outcomes, it alleviates the need for a blade and cutting microkeratome which was for many patients the biggest hurdle preventing them from having refractive laser surgery. The safety factor is so great, I no longer utilize the microkeratome blade in lasik eye surgery". Dr. Taylor has extensive experience on several laser platforms. "While we started with the Bausch and Lomb platform in 1999, the industry has moved forward to provide greater customization for the unique optical errors of each individual patient. At Lasik ProVision, we have the WaveLight Allegretto platform but we are increasingly shifting to the Zeiss Meditec MEL 80 platform with the Visumex femtosecond laser. "This platform in my belief delivers the optimal reshaping of the cornea to maintain the natural corneal shape for optimal optical correction and customization. Zeiss Laser Blended Vision is unique in the treatment of presbyopia or "reading glasses vision". It is the only excimer laser platform that predictably increases the range of vision so patients can see at near, intermediate and far without the loss of stereovision. This is truly exciting. Previously, and on other laser platforms, we could only treat with monovision with one eye corrected for far and one eye corrected for distance. This left patients with a loss of intermediate vision and reduced stereovision. It worked, but Zeiss Laser Blended Vision works so much better."

What is the future of refractive surgery? "The future is continuing to refine the refractive outcome with ever safer and less invasive procedures. I am very excited that within the next year, we will begin to fully utilize the femtosecond laser's potential, going beyond the creation of better flaps to conducting the entire laser procedure within the cornea without a flap. This may sound like science fiction, but it is a reality and I am honoured that Zeiss has chosen to partner with Lasik ProVision in Niagara Falls to bring this technology to North America.



To obtain additional information
or to book your **FREE** consultation
please contact our refractive
counselors at **1-888-510-2020**
or 905-371-3217
You may visit our website at
www.lasikprovision.com





IMPORT DATEBOOK



PORT COLBORNE

City of Port Colborne
New Port Colborne Operations Centre Project
Notice of Public Information Centre No. 2

The City of Port Colborne has initiated a Municipal Class Environmental Assessment to complete a functional preliminary design for the New Operations Centre which will combine the Central Operations Facility and the Parks Division. The City wishes to examine options to meet current and future maintenance operations demands and to provide a working environment consistent with other City operations.

The study is being conducted in compliance with the Municipal Engineers Association "Municipal Class Environmental Assessment" guidelines. The study is being conducted in compliance with Schedule "C" of the Municipal Class Environmental Assessment, which is approved under the Ontario Environmental Assessment Act. A key component of the study will be consultation with interested stakeholders. Three Public Information Centres will be held to provide interested parties the opportunity to review and discuss issues related to the project, including existing conditions, an assessment of alternative locations, selection of the preferred alternative location and environmental conditions.

As part of the public consultation for this project a Public Information Centre is being planned to provide interested parties with an opportunity to review the identification and assessment of alternative locations identified by the project's Technical Advisory Committee. The second of three Public Information Centres is to be held as follows:

Date:	Monday, March 10, 2014
Time:	5:00pm – 6:30pm
Location:	Council Chambers City of Port Colborne 66 Charlotte Street Port Colborne, Ontario L3K 3C8

Those attending will have an opportunity to meet with the Project Team, review the study scope and discuss issues related to the project, including existing conditions, possible alternatives and environmental considerations.

If you are unable to attend the Public Information Centre, but have comments or questions regarding the project, please contact:

Jim Huppunen
 Manager of Engineering Services
 City of Port Colborne
 66 Charlotte Street
 Port Colborne, Ontario
 L3K 3C8

Phone: 905-835-2901 ext. 221
 Fax: 905-835-2939
 Email: pcoc@portcolborne.ca

GET THE LATEST BREAKING NEWS
www.InPortNews.ca

FEBRUARY 20

LEGO

at Wainfleet Township Public Library 6 p.m. to 7:30 p.m. Children of all ages can drop-in during this time to build a Lego or Duplo creation. Please do not bring your own Lego.

FEBRUARY 21

TRIVIA NIGHT FUNDRAISER

at Pelham Centre School, 6:30 p.m. at Old Pelham Town Hall, 491 Colborne Rd. Tickets are \$10 per person. Prizes include cash and shacks. Also available cash bar \$5.00 draw, silent auction, door prizes. Put together a team of eight for a fun night out.

FISH FRY

at the Royal Canadian Legion Legion Branch 4 banquet hall, 4 p.m. to 7 p.m. Haddock, french fries, coleslaw and bun for \$9 a person.

FEBRUARY 22

WRITING WORKSHOP

with Larry Brown at Pelham Library. Bring your pen and lots of paper, or your laptop, and your enthusiasm! Suitable for beginners and more experienced writers. Brown, of Brantford, is the author of two story collections, *Talk* (Oberon Press 2009) and *Satellite* (ebook, Kobo Books 2012). This event costs \$30 and runs 10 a.m. to 3 p.m. Register in advance.

SOUPERFIC TASTING

Receive your passport to sample eight soups from around the world, at Central United Church, 12 Young St., Welland. Sittings at 11 a.m. and noon. Tickets are \$10 in support of Welland Heritage Council and Multicultural Centre. Call 905-732-5337 for tickets; only 300 available.

CHANGE YOUR MIND

Change Your Life Workshop. Emotional Freedom Technique is an energy tool to clear stress and anxiety; breaking free from negative thinking and low self-esteem. Times: 1:30 pm to 4:30 pm at Welland Community Wellness Complex, 145 Lincoln St. Cost \$20. Call 905-788-3216 to reserve a space.

PROGRESSIVE EUCHRE

hosted by Fonthill Lions at the Fonthill Lions Hall, 7 p.m., \$5 a person. Light meal served. Prizes.

FEBRUARY 24

ADULT BOOK CLUB

at Wainfleet Township Public Library at 6:30 p.m. This month's selection is Leslie Freeman's *Fabulous Traveling Funeral*, by Kris Radish. To obtain a copy of the book, please register as a book club member.

Continued on Page 22

SPOTLIGHT on Service

**Reach Over
20,000 Readers!
WITH YOUR MESSAGE
IN THIS SPACE**

For Only \$20⁰⁰ Per Week
Based on 13 Weeks

Call 905-732-2414 x.260



**TEMPERATURES
ARE FALLING!**

CALL FOR A FREE ESTIMATE
ON FURNACE &
AIR CONDITIONING PACKAGES

WE SERVICE ALL MAKES & MODELS!

905-892-7787

Heating & Air Conditioning
Residential - Commercial

BOB REID

FREE
CONSULTATIONS



SERVICES:
Full/Partial dentures
Implant support dentures
Relines, Repairs

**NOW
OPEN**

David Scobie DD

Denturist
905-834-5757

50 Charlotte Street, Unit Two
Port Colborne, Ontario
L3K 3E1

The Art of Smiles
Denture Clinic

J. SNEEK PLUMBING

CALL JOHN SNEEK

OVER 25 YEARS EXPERIENCE

HOME: 905-834-2135 • BUSINESS: 905-964-2518

When the electricity fails...

How will you be AFFECTED?

Custom Designed Stand-by Power
Installations to Suit Your Needs

Cornell Feenstra Electric Ltd.

All Types of Electrical Installation

Pole Line Installation & Aerial Bucket Truck Service

Call: 905-899-9373 • Fax: 905-899-9383



Home Care is Where Our Heart Is

Call Today And See Why We Are
More Than Just Home Care

CREDENTIALS

- Member of the Chamber of Commerce
- Fully Insured and bonded
- WSIB
- Carefully selected certified personal support workers

Sarah Sharpe
Owner & Personal Support Worker
905-380-8856 • sarahsharpere81@gmail.com

**Family Links
HOME HEALTH CARE**



SCC Computers

"Where traditional customer service
meets modern technology"

SERVICE | UPGRADES | REPAIRS | USED COMPUTER SYSTEMS

250 Kent St. Port Colborne

905-834-6333

graham@scccomputers.com

www.scccomputers.com

**Reach Over
20,000 Readers!**

**WITH YOUR MESSAGE
IN THIS SPACE**

For Only \$20⁰⁰ Per Week
Based on 13 Weeks

Call 905-732-2414 x.260



From Page 20 THERAPY TAILS

is at Port Colborne Public Library, 6:30 p.m. to 7:30 p.m. Children are invited to drop by and tell a tale or two to a Therapy Tails dog.

PELHAM HORTICULTURAL

Society meets 7:30 p.m. at the Fonthill library. Tony Post, sales consultant at Valleybrook Gardens, speaks on new perennials for 2014.

WAINFLEET HISTORICAL

Society meets 7:30 p.m. in the Patrons of Industry Hall in Marshville Heritage Centre. The topic will be Appalachian history from the Bill Ridge Parkway, presented by WHS members Roland Meisel and Beth Jeffery. Everyone is welcome. For more information, call 905-386-6978.

HEARING CLINIC

Connect Hearing will be at Pelham Public Library giving free hearing screening and fitting journeys. Free but please schedule your appointment ahead: 905-892-6068. Runs 10:30 a.m. to 1 p.m.

FEBRUARY 25

AFTER CANCER, NOW WHAT?

Cancer survivorship is a broad term that actually begins at diagnosis. It describes experiences patients must deal with throughout their cancer journey. These challenges can affect mind, body and spirit. Join Lorraine Hulley, a radiation therapist and health advocate from Niagara Health Partners, to learn about the challenges survivors face and the resources that are available to manage the "new normal." This



WANT YOUR NON-PROFIT EVENT INCLUDED?

SEND US YOUR INFO

When submitting listings by e-mail, please use only wrtb.datebook@summedia.ca. Please do not send attachments. Full listings online under Life

FEBRUARY 26

THE BLIZZARD OF '77

Erno Rossi, author of White Death: The Blizzard of '77, evokes the moment when one of the regional natural history event of the 20th century through photos and personal stories during his 7 p.m. presentation at Dunnville Public Library. Admission is free, donations welcome. Reservations are required. E-mail dunnvilleheritage@gmail.com or call 905-701-8238.

FILM BUFFS

discussion group meets at Port Colborne Public Library, 2 p.m. to 4 p.m. Members watch films at home and then join the group for discussion and review. All films to be discussed are available in DVD format to borrow from the library. Call 905-834-6512 for details.

PAINTING WITH MARGARET

at Port Colborne Public Library, 9:30

a.m. to 12:30 p.m. For adults of all ages, \$10 a person. Bring your own paint brushes. Pre-register at the library.

TAX PLANNING SEMINAR

at Port Colborne Public Library, to address your questions about tax changes, review commonly overlooked opportunities when filing and pass along some strategies that are easily implemented in preparation for future years to save you money. Time 6:30 p.m. Free, but register ahead.

FEBRUARY 27

CLASSIC BOOK CLUB

at Wainfleet Township Public Library 2 p.m. to 3 p.m. Join us for afternoon tea as we discuss the works of classic literature. This month's selection is Alice's Adventures in Wonderland, by Lewis Carroll. To obtain a copy of the book, please register as a book club member.

FAMILY MENTAL HEALTH

Education Coping Skills Workshops at Port Colborne Public Library,

6:30 p.m. to 8:30 p.m. These workshops are intended for families who have a loved one who has had an adult relative who is dealing with a serious mental health problem and/or co-occurring disorder. All workshops are free. Registration is required. Call 905-894-6808.

FEBRUARY 28

FREE CA TAX CLINIC

at Port Colborne Public Library. Free tax return preparation. Call the library at 905-834-6512 to see if you qualify and to book an appointment.

MARCH 1

CHILI COOKOFF

hosted by Royal Canadian Legion Branch 56, Port Colborne. Entrance is free and everyone is welcome. Bring your best chili recipe. The competition is 1 p.m. to 3 p.m. Prizes for first, second and third place. Admission is \$5 a person to come out to taste and judge the best chili around.

MEDITATION

Marcia leads you through different types of meditation, at Port Colborne Public Library, 2 p.m. to 3 p.m. Great for beginners and people who have meditated before. Bring a pen and notebook. Cost \$3; register ahead.

TO THE MOON AND BACK

fundraiser dinner and silent auction for Niagara Children's Centre is at Sam's restaurant, in honour of local boy Carter Luey, who was

diagnosed with Autism Spectrum Disorder and Fragile X Syndrome. Let us know if you would like to help. Tickets for this fundraiser are \$50 a person. Auction donations welcomed. For tickets and more information visit the Facebook event page at [www.facebook.com/events/37667725800647/](http://facebook.com/events/37667725800647/), or contact Christinna Hall at 905-788-4685 or Chinch71@hotmail.com

MASQUERADE BALL

The Hungarian Hall in Welland, 361 Hellens Ave., is holding a pre-Lenten masquerade ball, dinner and dance. Price for best costumes. Chicken soup, cabbage rolls, beef stew with orzo, salad, coffee, tea and dessert. Live music. Tickets: Adult \$ 30; student (7-14) \$ 15. For tickets call 905-735-3593 or Tibor at 905-735-6447.

INTERNATIONAL WOMEN'S

Day performances and art exhibition at Roselawn Centre for the Arts, 296 Fielden Ave., Port Colborne, noon to 5 p.m. Local female artists: woodcarving, watercolor, pottery, photography, beadwork, acrylic. Cost \$25 for adults; \$15 for seniors and students. For tickets call 905-438-7572 or see facebook.com/CelebratingWomenAndTheArts.

MARCH 3

BOAT OPERATOR'S COURSE

offered by Port Colborne Power and Sail Squadron, March 3, 4 and 5 p.m. to 9:30 p.m. at the Church of Jesus Christ of Latter-day Saints, Welland. Cost: \$70. Register at www.boatingcourses.ca.

DENNIS O'REILLY CONTRACTING AND CARPENTRY

Look no further to get professional results

- Remodeling the Niagara Region for the past decade
- Dedicated to providing the finest quality of service and materials for your dollar
- Written warranties

Always a fast, friendly and FREE estimate

"Don't settle on part time service"

Ph: 905-894-8599



'MIRACLE MOLECULE' SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, dizziness or "senior moments"? The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O).

OVER 40 LOSING CRITICAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don't produce enough N-O. In fact, your body produces less than half of what it did at 20.

NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Prize for this discovery. One of the winners says, "There may be no disease process where this miracle molecule does not have a protective role".

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenix® Labs has created a revolutionary lozenge called Neo 40 daily, that makes it easy to restore N-O levels.

This "fast-dissolve" lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many as little as 20 minutes.

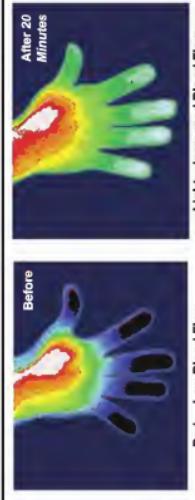
SURPRISE BENEFITS FOR MEN & WOMEN

"Adaptive amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the organs, organs are difficult," says Dr. Bryan. A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women.

Tammy from Ontario said, "The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom."

"We noticed a difference in my husband's erections"

"within weeks. We can't believe how well it works," reports pleased wife Marion S. of New York.



Light = Increased Blood Flow
Dark = Low Blood Flow

Achau Thermographic Image of Hand showing circulation in hands before and after taking Neo 40 daily. On the Left, the fingers are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual function, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN

STARTING IN 2 MINUTES!

I recommend this dosage because it helps the body restore N-O, which leads to healthy circulation; for most as little as 20 minutes," affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment.

NATURAL RESULTS YOU CAN FEEL.

Lee L., from CA was stunned with her results. "I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months,"

Ronald D. TX explains, "The results were noticeable overnight! I had more energy, and was able to focus more readily."

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily provides a combination of N-O boosting nutrients: amino acids, B vitamins, Vitamin C, and Magnesium are specially formulated with the patient combination of red beet and hawthorn berry.

The Healthy Cupboard

\$5.00 OFF
NEO40 Daily

Valid until February 28th, 2014

CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Support healthy blood pressure
- Support cardiovascular and heart health



Tanya & Ian Birrell
Owners of The Healthy Cupboard

TWO LOCATIONS

FONTHILL • 111#20 EAST

(Across from Subway)
905 892.9054

PORT COLBREY • 101 CLARENCE ST.
(Formerly from Food Basics)
905 835.9806

SIGN UP FOR OUR NEWSLETTER AT
www.thehealthycupboard.ca

The Healthy Cupboard

www.thehealthycupboard.ca • thehealthycupboard@gmail.com